A FARMER'S TALK TO FARMERS.

One Farmer's Wife Wants to Learn Something About Proper Foods-Full Directions for Obtaining Informing Pamphlets-The Difference in the Cost of Protein -How Money is Spent-Not What We Like Best is Always Best for Us.

"Mr. Farmer:—
"I have a husband and three children "I have a husband and three children to fill up three times a dny. I want to keep 'em good-natured and comfortable, and I should be glad to keep 'em healthy too. I haven't much time to study, but would be very willing to give what I can spare to finding out what will do this. Couldn't you tell me just what to ask for on that one-cent postal card, and who to ask it from?" "ONE FARMER'S WIFE."

Yes'm; dee-lighted, as T. R. might may. Address your postal to The Secretary of Agriculture, Washington, D. C. Ask him to send you Farmer's Sulleting Nos. 23 143, 24, and 121. On the same card ask him to send you regularly the department's monthly list of publications, so that you can, hereafter, know everything the government to muffling out along these lines. is putting out along these lines.

No. 23 is on "Foods: Nutritive Value and Cost." by Prof. W. O. Atwater, and was issued in 1894. No. 142 is on "Principles of Nutrition and Nutritive Value of Food," by the same author, and was issued in 1902. It is a revised edition. No. 34 is by Charles D. Woods on "Mests: Composition and Cooking." and came out in 1836. No. 121 is on "Beans, Fees and Other Legumes as Food," by Mary H. Abei, Issued in 1910, There are others on cognitic topics. There are others on cognate topics, but these will do to start on. It may be that some of them are "out of print." There has been a big demand for them and you may have to wait awhile for a reprint to be made. If you can get either No. 23 or No. 142. you'll have enough to keep your head working for some time. Each one of these covers much the same ground as the other; of course No. 142 is the later and contains slightly fuller details. There may have been a still later issue along the same lines which I have overlooked: But don't try to bite off too much, the first time.

One great trouble with the ordinary meal is that it is propared chiefly with reference to principles which ought to be held of second and third and fourth he held of second and third and fourth importance, rather than of first importance, it said to be: What do the folks like? What have we got? What can be prepared easiest? I don't mean that all meals are always prepared solely along those lines. But too many are—perhaps have to be, sometimes. There's no use talking, the pocketbook has to be considered. One great help has to be considered. One great help from the intelligent study of foods is the assistance it gives those with lean pockethooks in selecting and preparing cheap materials so as to get reat value from them.

In the human ration, as in that for animals, the first consideration should always be that of the value of the ration in nourishing the body. The ration in nourishing the body. The body, says Professor Atwater, "has not simply organs to build and keep in repair and supply with energy: it has a nervous organization; it has sensibilities; and there are the higher intellectual and spiritual faculties. The right exercise of these depends upon the right nutrition of the Body." (Rear enough and simple enough, when you come to think of it, isn't it? But what is the "nutrition of the body"? Is it just to put something into the stomach something which tastes good going down, and doesn't give you the stomach gobe when down? Not by a long shot.

ed poef and veal and sardines and cheese and dried beans and peanuts but they aren't all of them as digestible but they aren't all of them as digestible as they might be. Having found out what the body needs, what foods will supply those needs, what foods it will digest and make use of, then the questions of what food is liked, what is at hand, etc., come in for secondary consideration. Either one of the pamphlets by Prof. Atwater will answer, or enable you to answer for yourself, the main questions. The others you already know more about than saybody can tell you.

One of the greatest practical uses of these pamphlets will be to tell the economical housewife something about the actual cost of the real food-part in the things she buys and cooks. For instance, it is the disestible protein in a ration which makes the muscles, tendons, cartilages, bones and skin as well as the corpuscies of the blood. This protein makes up almost one-half of the solid matter of the body, after

(Written Specially for The Bulletin.) | the water is excluded. It's very easy to see that a food, to be a nutritive food, must supply a good deal of protein. Now just look at this little table, extracted from much more complete tables in Prof. Atwater's pamphlet, and see what a difference there is in the cost of protein in the various foods you see what a difference there is in the cost of protein in the various foods you may select from. The first column gives the name of the food material; the second its assumed cost per pound to you, unscoked; the third the cost of one pound of protein supplied to the body by it;

Pi	ica pd.	Cost, I pd.
Kind of food.	Cents.	Protein.
Sirioin Sect	25.	1.60
Stewing beef		.35
Fat salt park		0.67
Salt cod		.45
Butter	30.	30.00
Wheat flour	18.	.31
Oysters	18.	3.10
Dried beaus		.29
		L. Carrie

That is to say, if you buy stewing beef at 5 cents, the protein in it will cost you 55 cents a pound, while, if you buy sirloin beef at 25 cents, the protein in it will cost you \$1.50 a pound. If you buy wheat flour at 3 cents the protein in it will cost you \$1.50 a pound. If you buy wheat flour at 3 cents a pound, while if you buy oysters at 18 cents a pint ("a pint's a pound, the world around") your pound of protein will cost you \$3.10. If you buy sait cod at 7 cents the protein in it will cost you 45 cents a pound, while if you buy sait pork at 12 cents the protein it supplies will cost you \$5.67 a pound. And if it's the protein you're after, you'll see it makes a big difference—a very big difference—for a woman with only a little money to spend on her supplies!

If you "like" sirioin beef and don't "like" beef-stew, and can afford to pay \$1.25 per pound extra to have what you "like." H's nobody's business but your own. If Mister Man and the Youngsters want opsters and don't want beans and you can afford to pay \$3.10 a pound for your protein, you aren't compelled to save the \$2.81 you would save by getting said protein in would save by getting said protein in the shape of houns. And so on and so on, through the whole list. But, if, like on, through the whole list. But, if, like the most of us, economy is a consideration with you second only to health, then you may well be gind of any information which enables you whole-somely to hourish your family at a saving over past cost. Speaking of the mistakes very commonly made in food economy, Prof. Atwater says:

"For the well-to-do the worst injury is that to health; but people of small incomes suffer the additional disadvantage of the injury to purse. Indeed, to one who looks into the matter it is surprising to see how much people of limited incomes loss in these ways."

I know one poor woman, who has to work hard for every penny she gets, who insists upon buying cauliflower at twenty-five cents a head rather thu cabbage at five cents. Another will but three bunches of celery for a quarte any time rather than half a bushel u potators at the same cost. If the ony time rather than han a second of they onators at the same cost. If they ould afford it, nobody need object. They simply don't comprehend how money they're spending, not for much money they're spending, not for food, but for the gratification of their

Of course, the individual's idlosynera-Of course, the individual's idiosyncra-cies must be considered. I know peo-ple who can't drink milk, which is about the nearest to a perfect food of any one fhing; or out a strawberry, which many of us think the best nerry God ever made. They're the exceptions. The most of us can eat about anything The uses of food are two (I quote agein): "To form the material of the body and repair its wastes, and to yield heat to keep the body warm and furnish muscular and other power for the work R has to do." It is fairly clear, then, that the first thing to find out is what-foods form body material and repair body wastes and yield warmth and strength. Then one needs to consider their digestibility, which is cuite another thing. There's a tremendous amount of nutritive value in corned poof and veal and sardines and you but patience and sticking to it wot at last. There are a good many you, but patience and sticking to it won at last. There are a good you, but patience and sticking to it won at last. There are a good many things still which I like less than others. I don't hanker after cold boiled pointoes, nor should I ever overest of dry stale bread. If there's anything else to be had, I let 'em slone. But I can eat even cold pointoes and stale bread, on a pinch—abouidn't starve to death if I had nothing else.

It isn't siways what we like the best that is the best for us. Taste is a helpful guide, but not infallible. Too neight guide, but not intended. For many of us tend towards the view that dinner is a confection to please the paints—a purely sensuous enjoyment, rather that a supply station where we take on board the material to be used

take on board the material to be used in body building and in work.

The perfect dinner is that which supplies all the needs of the body. In correct proportion, while at the same time pleasing the mate. Probably no one ever yet hit the mark exactly in the center. But it's a good mark to keep aiming at and practicing on.

THE PARMER.

LETTERS FROM TWO STATES.

WINDHAM COUNTY.

PLAINFIELD.

Secial Gathering and Dance an Enjoy-able Affair-Centractor Torrance Made Big Blast.

Judge Walde Tillinghast of this place and James Appley of Canterbury attended court in Putnam just week Wednesday.

Mednesday.

A passenger trolley car marked Watch Hill and Ashaway was taken through here on a steam train a few days cluce.

James Sullivan, a former telegraph operator here, but now residing in Taffville, was a recent visitor in term.

Capt. G. E. Tripp of Mystle, a for-mer resident of Plainfield, and Judge H. J. Rathburn of Westerly were in tewn on business one day last week. Welcome H. Browning was in Nor-wich on business Saturday. Charles Prentice Lewis visited with relatives in Willimsville Saturday, Mrs. Jennie A. Lewis visited Dan-telson Saturday on business.

Social at Opera House.

The social gathering and dance at the opera house last week Thursday evening constituted a very pleasant and enjoyable dedication of the prem-ines. There was a good attendance, the music toothsome refreshments, and a pleasant reunion of old time sancers making all in all one of the finest occasions of the kind for many a year. The use of the hall and premises was accorded the party as com-plimentary to the ognation.

Mrs. Florence Moore and daughter,
Ida, took the trolley for Notwich Sat-

Ledge Broken by Blast.

terrific explosion occurred, shaking houses making windows rattle and disturbing things generally. Exercise excluding things generally, Exercise excluding things generally.

small scale, but not the Italian kind. a heavy charge of explosive in the ledge they are working there, and many toas of rock were broken up and displaced. The loosehed atones are to be used in the face wall around the company's promises on Railroad avenue between the two railroads.

Henry E. Farkhurst made a business trip to Providence one day last week. Personal Notes.

John R. Fuller of Sectland called on friends here Priday week. Calvin Wilcox was a business call-

With a pulmonary aliment.

The young ladles club is arranging to give a fire entertainment during the month of April.

Charles H. Breyton of Providence, ormerly of Norwich, favored our busess men with a call on Monday. Mr. Grenier is building a handrome plazes on the front and west sides of plasma on the front and west slose of his house (the Solomon Jordan house) on Pleasant street, and a small addi-tion also on the west side. Motorman Fred Lyon of Norwich was at his home here Tuesday. Henry E. Parkhursi expects to move to Monard about April 1

to Moosup about April 1.

Menuel E. Bonin has moved into the

Shea house on Pleasant street, Henry Beers has the stakes placed for a new house on the William John-

Earle Robinson of Providence was a caller here Wednesday. The company houses in the new vil-

lage are being painted yellow.
The P. A. A. of Plainfield will play
the Jewett City football elevan on Saturday, March 26, at Plainfield. Kick off urday, March 29, at Pfalofield. Rick off at 3 o'clock. A good game is expected. The lireou for Pfalofield is as follows: Goel. R. Sykes; r. f., B. Mete; l. f., F. Hutchinaon were in Williamshie Thes-Goel. R. Sykes; r. f., B. Mete; l. f., F. Hutchinaon were in Williamshie Thes-Goel. R. Sykes; r. f., B. Mete; l. f., F. Hutchinaon were in Williamshie Thes-Goel. R. Sykes; r. f., B. Marchar; l. f., Miss Dalsy White visited schools in Manchester Friday, and spent Sunday will relatives in Holton.

Reserves, Frank Butterworth, Ebgene Donlas.

New York parties were in town re-

TOLLAND COUNTY.

STORRS.

Happenings In and About the College -Mr. and Mrs. Edmond Entertain

Warren Fisher of Bridgeport and Wilson Flaher of Lyme were guests of Rev. O. D. Flaher over Sunday. Result of Rhetorical Contest. At the sophomore rhetoricals on Saturday evening, Miss Flaherty, Mr. Wadhams, Miss Dunbar and Senay were chosen to represent the class in the Ratcliffe Hicks prize speaking in

Mrs. E. O. Smith, Mrs. H. D. Ed-mond and Miss Edwina Whitney were

Play Well Presented.

After the rhetoricals, the Connectiut Agricultural College Dramatic club presented the play, Between the Acts. The character work of the cast, under the able direction of Miss Cecil Smith, who took one of the leading parts, was especially good. The clever acting Mr. E. H. Forbush and Miss S. Trea-

Mr. E. H. Forbush and Miss S. Tread-well, the quarrelsome old couple, were especially good.

Among those present at the Dairy-men's institute held on Friday and Saturday at the college were Cattle Commissioner H. O. Averill, Dairy Commissioner H. F. Potter, Milk In-spector J. M. Copley of Hartford, A. J. Pierpont, W. H. Lee, C. B. Pom-eroy and other prominent dairymen of the state.

Personais.

W. H. Hammond of Hampton was a guest of his daughter, Mrs. H. D. Edmond, recently.

Mrs. Charles H. Fenn is very ill with George H. Hollister spent Sunday at

Faculty Entertained.

H. D. Edmond, commandant of ca-dets, and Mrs. Edmond entertained the members of the faculty on Wed-nesday evening. They were assisted in receiving by Miss Helen Hammond. in receiving by Miss Heien Hammon, sister of Mrs. Edmond, and Miss Flor-ence Allchin, of Boston. The decora-tions were of green plants with pink roses. In the dinning room Mrs. Ed-win O. Smith and Mrs. Elia M. Slater poured, assisted by Miss Edna Butler, Miss fatnel Wallsco, Miss Cora Grant, Miss Grace Sage. During the evening Miss Hammond read short se-lections. Miss Alichin sang accom-panied by Mrs. Frederic Stoneburn. as Ethel Wallace, Miss Cora Grant,

WILLINGTON.

Civil Service Examination for Fourth Class Postmaster-Birthday Party-General News.

A civil service examination is to be A civil service examination is to be held at Rockville April 10 for the of-fice of fourth class postmaster, fit West Willington, Fourth-class post-masters in the New England states and in New York, Pennsylvania, New and in New York Pennsylvania, New Jersey, Ohlo, Indiana, Illinois, Wisconsin and Michigan, were placed under the civil service rules by President Roosevelt, Hitherto these postmasters have been appointed, usually on the recommendation of the representative or senator who controlled the patronage in each district. Under the new order, which affects more than 15,000 offices, as vacancies occur they will be filled from the eligible lists established after competitive examination by the civil gervice commis. amination by the civil service commis-sion and the persons appointed will remain during efficiency and good be-

try meeting at Cranston, R. I., week before last and before a committee of the legislature in Hartford last week. Ralph Snow of Willimantic appeared on his regular trip the other day with his outfit drawn by a mule team. A tin cart drawn by mules is a novelty to the section. n this section. Nellia Carpenter has been ill for a

Nellia Carpane week or two.

Mrs. Cellinds Waldo came from Hart-ford Saturday to visit her sister Mrs. Emily Carpenter, Her daughter, Jen-nie (Mrs. Frank Knox), accompanied her and spent Sunday. Both were for-

The Endeavor meeting Sunday evening at Congregational chapel was ably led by Mrs. Eather Brown Dim-

Mrs. Ward sung a solo very sweetly at Baptist church Sunday morning. The meeting of the Bunyan club at Rest cottage, although not largely attended on account of the rain, was pleasant and profitable.

pleasant and profitable.

The friends of Miss Alice Walker
Pratt gave her a surprise party Saturday evening, it being her nineteenth
hirthday, A pleasant time was enjoyed. Cake and fruit were served. Miss Pratt is a pupil at the state normal school in Williamnite.

SOUTH WILLINGTON.

William Pike's Round the World Trip -lee Cutting Ended-Accident.

At the special communication of Urlodge, No. 24, F. and A. M., th William Pike is home on a fifteen lay's furlough after spending a little more than a year on a trip around the world with the fiest of battleships. He speaks highly of the freatment accordd the blue jackets by foreign govern-nents, especially Japan. His experi-mon has been an enjoyable one and als account of various features of the trip are highly interesting. His ship, the Yankee, served as a despatch boat now as Brooklyn, where Mr. Pike

Miss May E. Moriarty is acting as Miss May E. Moriarty is acting as substitute for Miss Margaret Mallory in the local school. Miss Mallory's health is not good and she will probably not teach here any more. Ice cutting on Lake Reauty was confolded last Sunday. The large Icehouse is only about half filled.

New Dog Tags. The dog tags to be used in town this year have arrived. They are octasional in shape and while they have the usual link are supplied with two holes to permit of being riveted to a collar. Hans Hansen, employed in the speciatop, solit a finner on a saw Monday. Dr. P. E. Johnson took several stickes to close the cut.

Mrs. Lens K. Brackett was a Hartford visitor last week.

The deak in the hall was supplied
inst Sunday by Rev. J. B. Connell of
Hartford the pastor. Rev. E. W. Darrow being absent in Waterford.

Mrs. Adolph Korper and granddaughter, Hazel Brackett, have been
spending a few days in Hartford,
Word conies from the Hartford,
Word conies from the Hartford hos-Word comes from the Hartford hos-pital that Charles Macfarlane under-went an operation on Saturday that was entirely successful.

Norman Griggs is reported as gaining rapidly.

Mrs. Lena K. Brackett was a Hart-

GILEAD.

Fred Burnham Wins Sult-Personal Notes of the Week.

Harold Post of Hartford was at his ome here Sunday.

D. H. Hodge is confined to his bome next month.

Henry Brosseau, who has been living in the Blakely house, must move.

rolling on it.
The L. A. S. met Wednesday after-noon with Miss Martha Buell.

with the intention of purchasing.

Representative E. E. Foote attended a reception given by Governor Lilley in Hartford Tuesday evening.

Rev. Mr. Herald of Madison occupied the pulpit last Sunday, and is expected next Sunday.

In the lawsuit of Fred Burnham of Hebron vs. Charles Brown of Colches-ter decision was given in favor of Mr. Burnham. It is said that Mr. Brown will appeal.

Mr. Pratt, superintendent of schools, was in town the first of the week.

COLUMBIA.

Town Meeting Regarding Rights or Lake Front-New Safe Needed for

There was a large attendance at the special town meeting last Saturday afternoon. The meeting was for the purpose of hearing and acting upon the report of a previously appointed committee to investigate concerning the rights of the town in a certain piece of highway running through the premises of Miss Irene Dixon on the northwest shore of the take, across which Miss Dixon had erected a stone which Miss Dixon had erected a stone wall where the road enters the lake, thus cutting off any public way by which our citizens can get to the lake from that side. The report of the committee was accepted, but no definite action was taken, futher than to instruct the committee to wait upon Miss Dixon at the earliest opportunity and ascertain what she is willing to do in the matter and report at a future meeting. ture meeting.

Old Safe Useless.

Mr. Hathaway, the examiner of public records, was at the meeting and spoke in regard to the purchase of a new cafe or the erection of a fee-proof new cafe or the erection of a 750-proof vault in which to keep the public records of the town. He condemned the old safe in use at present as having outlived its usefulness as regards safety and as being too small to contain all the record books that should be gept therein. The matter was finally left in the hands of the selectmen.

News in General. Walter E. Palmeri who has been spending several weeks with his family in this place, expects to return in a few days to Ohiq.

Miss Julia Kneeland was in Putnam a portion of last week as witness in a

Warren A. Collins lost a valuable horse Sunday morning. The animal was taken sick Saturday evening and seemed to be suffering from what was thought to be internal hemorrhage or

Enjoyable Social Evening at the Grange.

BOLTON.

Rev. Mr. McLeod of Andover occu pled the pulpit Sunday morning. Rev. C. C. Parker of Belknap will supply the pulpit next Sunday.

Officers Visit Grange. State Deputy Henry G. Phelps, Mrs. Phelps and Mrs. James of Andover visited Bolton grange, No. 47, Friday evening, March 12th. The programme for the evening consisted of a violin duets by Mrs. R. C. Eaton and J. Western Phelps and a delayur entitled son Phelps, and a dialogue entitled "Her Weekly Allowance," given by the following sixteen members: Mr. and Mrs. Ralph C. Eaton, Mrs. John H Mrs. Ralph C. Eaton, Mrs. John H. Massey, Mrs. J. Alton Loomis, Miss Adelia N. Loomis, Kate Doane, Jennis D. Ferry. Edith Howell, Elizabeth H. White, Mesars. Paul E. Clement, J. White Sumner, Harry Milburn, Michael Daly, Herbert Maxwell, Julius Strong and Ernest Strong.

Social and Personal. Prof. Samuel M. Alvord and son, Morgan, of Ashley street, Hartford, were recent visitors at Miss Annie M. Alvord's. Miss Daisy White of Hebron has sen visiting at her cousin's, William

C. White's, Mrs. Agnes Maxwell was in Hart-ford a few days the first of the week. Representative J. White Sumner at-tended a reception given by Governor Lilyy in Hartford Tuesday evening. A party of fifty attended the dance given by Mr. and Mrs. F. H. Strong Wednesday evening.

ELLINGTON.

Last of Series of Entertainments by the Grange.

Ed Powell of Bridgeport was a vis-ltor over Sunday at his uncle's, Otto Powell's. Truman Sadd of Willimantic was in town to attend the funeral Mr. Sadd's father's.

Pitkin Pease is confined to the house and is under the care of a nurse, Mrs. N. P. Fuller of Springfield is visiting her mother, Mrs. Guy Collins,

"The Country School" a Success. The drama entitled The Country School' was given in the Town hall on Friday evening to a large audience. The parts were well taken. It was un der the direction of Mrs. Arthur Hale It was unwho received many compliments for its success. Those taking part were: Car-rie Peck, May and Nellie Hathaway, Mrs. Elbert Parsons, Mrs. Alice Hayward, Mrs. Arthur Hale, Ruth Aborn, Evelyn Marks, Ira, Charles and Harry Price, George and Earl Hathaway, John Outes, Arthur Hale and Olin Shemer. The musical programme was well ren-dered. This closed the series of enof the grange. Notes. tertainments given under the auspices

Several applications have been handed in for membership in the grange.

Mr. and Mrs. George Aborn have left the employ of Mrs. Henry Aborn and returner to Lynn, Mass, their former Miss Matie Niles visited in Hartford for a few days the first of the week.

TURNERVILLE.

Baseball Association Elects Officers,

Mrs. George Slawick of Stafford relian was the guest of her sister, its. R. Prentice, Friday. L. G. Rathbone has sold his oven to

Mr. and Mrs. D. F. Jaquith were guests of Mr. and Mrs. H. C. Barlow South Coventry over Sunday.
The Hebron Baseball association The Hebron Raseball association held a meeting Monday night at the Town hall and elected the following officers: President J. H. Jagger: vice president, Dr. Cyrus Pendleton; secretary H. C. Potter; treasurer, E. A. Raymon of this village; manager, Chrence Hanna.
Station Agent Generous moved his family to the railroad company's house Monday.

EAST WILLINGTON.

George Wilson's whole family is enf-fering with colds.

The young son of Charles Amidon got stuck in the mud a little wa-from his home. He acreamed until he was heard at home and one of his lder brothers came and pulled him Dan Blakely is coming to his farm

STAFFORDVILLE.

Funeral of Frank M. Smith.

Miss Myrtle Brown of Pittsfield, ass., was home over Sunday. Miss Ethel Olmsted of Meriden was Miss Daisy White visited schools in Manchester Friday, and spent Sunday with relatives in Holton.

Dr. Moore of Manchester has been in Pheips spent a few days recently in Posters.

Boston. Frank M. Smith, 64, died Thursday

of a complication of diseases at his home in Hydeville. The funeral was held Sunday, Rev. George F. Newton officiating. Burlal was at Stafford street cametery. He is survived by three sons, Fred, Arthur and Forest Smith of Staffordville.

Mrs. George Drummond was taken to Norwich hospital last Saturday for treatment for asthma.

UNION.

Mrs. Mary Dodge is with friends in Mest ford.

Miss Bertha Scranton of Dodge visited the past week with her parents, Mr. and Mrs. Charles Scranton.

Mrs. L. Miller and daughter Lysle visited friends in Warrenville the past

School in district No. I began the spring term Monday, Miss Mary My-ers of Woodstock, teacher.

MOUNT HOPE.

Mr. and Mrs. E. E. Packer and daughters Rachel and Helen, spent Saturday and Sunday at the Hooker homestead. Miss Grace Russ has been spending

Miss Grace Russ has been spending the week in Merrow with her sister. Mr. and Mrs. Henry White were in Willimantic Friday. George R. Russ tried running his new auto a few days since.

WASHINGTON COUNTY, R. I.

USQUEPAUGH.

Special Meetings Continued - C. C. Woodmansee Bitten by Pet Dog.

Annie Kelly is visiting at C. C. Ken-J S. Lamond made a business trip to

Providence Tuesday. The meetings at the chapel at West Kingston had week were so well at-tended that they were continued this

News has been received here that Mrs. William Palmer is very sick. She resides here summers and in Provi-dence winters. Miss Ruth Brown of Summit visited

at C. D. Kenyon's over Sunday.

Mrs. C. D. Kenyon and Miss Buth
Brown visited Mrs. J. H. Trenberth at East Greenwich Monday, Harry Kenyon visited his parents here Sunday, Carmen Andrews visited over Sun-

Carmen Andrews visited over Sunday with friends here.
Alfred C. Kenyon has been on a business trip to New York
R. L. Knight called on friends at Hope Valley Monday.
Mrs. A. C. Kenyon and son are visiting at Westerly.
Mrs. Cideon Palmer has been spending a few days at her farm in this village.

C. Woodmansee was bitten by a pet dog Sunday. Louis Barber of Kingston is suffer ing from a severe attack of pneumo

nic. Mrs. William Dyer went to Providence Tuesday.

POTTER HILL. Ladies' Sewing Circle Held Meat Pie

Supper-Mrs. Naylor Out After IIIness-Farewell to Mrs. Chapman. Mrs. William Thomas of Westerly

all who attended "The Garden Party" at the Opera house Tuesday evening. The many triends of Mrs. David J. Naylor are pleased to ses her out again ter her illness. Mrs. Bradford Perrin has moved her ousehold furnishings to Peacedale.

Coffee

Starch (except potato).

Intries
Cabbages
Bacon and hams
Fresh meat
Lemons
Pineapples
Spices (crude)

Wood pulp
Window ginss
Steel ralls

Ari works (28 yrs. old), Boots and shoes. Hides (raw) Upper leather Band and soie leather.

Cottonseed oll

Coal tar dyes

Why not get in line at

prove satisfactory.

and get the benefit of first choice?

Dextrine

PROPOSED TARIFF SCHEDULES

with the Present Dingley Law.

1 et a lb...... 15 ets a bu.....

Is per ct.....

Coal Pres 67 cts a ton.
Curpower 2 cts a lb. 4 cts a ton.
Curpets 2 cts a sq. yd. 5 cts a sq. yd.
Wool (for clothing) Bemains same.
Wool (for carpets) 3-7 a lb. 4-7 cts a lb.

you'll want your seeds and fertilizers and so will hun-

dreds of other people expect their orders to be filled at the same time, consequently someone's orders must be delayed.

BARSTOW'S

you to the best advantage as we have about fifty varieties-all

different and unmixed-with all the popular shades and colors

included. This seed strictly fresh and we are sure they will

If it's Seed — — and we haven't it.

you might as well give up!

If you have sweet peas on your list we can surely serve

Sooner or Later

Proposed Tariff. Present Tariff.

S-9 cts. a lb..... Free. 1.96 cts. a lb..... 1-95 cts. a l 4 cts. a lb...... Free. 1 1-2 cts. a lb..... 2 cts. a lb...

funeral of Mrs. John C. Stanton of Hope Valley Saturday. Thomas W. Biddles severed his con-nection with the Peacedale Manufac-turing company and is at his home

turing company and is at his home here.

C. T. Barber has returned to this pince from New York, after making a business and pleasure trip.

A number of young ladies of this place spent a pleasant evening Wednesday with Mrs. Chapman at her home, on the Westerly road, before her departure to Pencedale, where she will reside in the future

Jacob Babcock, who has ben "boes weaver" for the Ashaway woolen mili is moving his household furnishings to Woonsocket, where he has found employment.

ARCADIA.

Mrs. Hadfield Recovering from Effects of a Fall-Personals.

Mrs. Jane Hadfield, who fell on the ley street when returning home from her work in the mill at Hope, R. I. and broke her arm, was at her home here during the week past. Mrs. Had-field is slowly recovering from her in-

Henry Mayne, who has been ill sev-eral months, seems to be gradually failing.

Mrs. Mary Ann Barber, who has been ill with pneumonia, is making some improvement.

Palmer Smith made some improve-

ment in health the past week.

Benjamin Sheldon is suffering from an attack of grip.

Frank Chase has commenced keeping house in the Jacob Smith house ness
Miliville.

Mrs. Mary Emma Barber is ill. requiring the services of a physician.

Coverings.

ROCKVILLE.

Road Commissioner Austin Repairing Road-Literary Social at Parsonage. Mrs. Mary J. Bates of Providence

Mrs. Fred Bohning, at Stonington for a week or so. Road Commissioner James Austin Road Commissioner James Austra and a gang of men have been repair-ing the road near Andrews' sawnoll. LaClede Woodmansee of Westerly was the guest of his father, Deacon William W. Woodmansee, on Satur-

Wayland Boss is confined to his bed

by illness.
Ernest Boss, who has been ill with grip and bronchitis, is so as to be out A number of the young people were entertaining at the parsonage Wednes-day evening at a literary social.

HOPKINTGN.

Dance-End of Winter Term.

Miss Hattie Champlin is visiting her sister, Mrs. Lewis O. Chapman, in Ver-sailles, Conn.

A dance was held at the home of George K. Hoxsie last Saturday even-

George E. Allen of Hope Valley vis-lied at the home of his father, Hon. E. R. Allen, Tuesday. Mr. and Mrs. William Bromley of Stonington called on Mrs. Bromley's mother, Mrs. Almeda Slooum, at the residence of Mrs. George K. Thayer, Monday.

The soring vacation of the public The spring vacation of the public schools in town will be due week.

An iluminant known as "gum gas" can be produced from the eucalyptus leaves and a said to give a bright light. A local authority has estimated that 10,009 feet of gas can be obtained from a ton of leaves. The eucalyptus bars is said to contain a fiber suitable for The Ladies' Sewing society heid a paper also tanning. Bucalyptus flow-resday evening, and it was largely attended. The proceeds are to be given oward the chapel fund.

Mrs. D. A. Taylor attended the

-95 cts. a 1b.

S cts. n sq. ft. 7-20 ct. n lb. 84 a ton. 40 cts. a ton.

11-2 cts. a 1b.

\$6-\$8 ton

maridd

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In accordance with our usual cus-tors, we will during the Opening West give our patrons many special induca-ments to BUY NOW.

Competent men furnished to do car-pet laying etc. Rooms measured for carpets and estimates given for floor coverings of all hinds.

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The dental business established by my brother whose assistant I was for many years, will be continued by me, assisted by Dr. V. D. Eldred.

It will be a pleasure to see the former cussomers of my brother and as many new ones as will favor me with their patronage. Extracting 250 and up, novied DR. CHAR B. ELDRED.

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